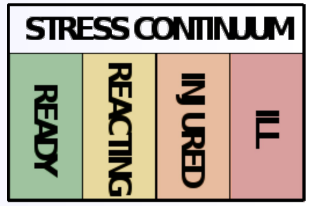
Family Transition II

Post-Deployment Stress Workshop for Families

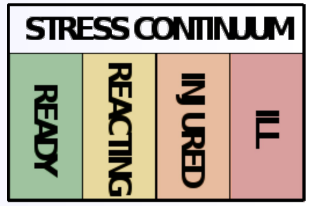
Revised: 29 May 2008

Goals for This Brief



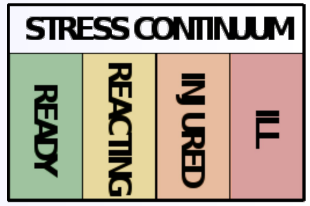
- Review sources of stress in self and Marine spouse
- Review the Combat Operational Stress Continuum (**Ready**, **Reacting**, **Injured**, or **Ill**)
- Self-assess eight important areas of life and function
  1. Relationships
  2. Work function
  3. Public behavior
  4. Substance use/abuse
  5. Money and finances
  6. Physical & mental health
  7. Life roles
  8. Spirituality
- Learn how to improve these areas of life and function
- Learn how and where to get help when needed

Common Sources of Stress After Deployment



ENVIRONMENT	• Money problems • Vehicles and traffic • Not carrying a weapon any more • Alcohol
THINKING	• Boredom, lack of excitement • Back to the routines • Disillusionment
FEELING	• Anger over mistakes • Guilt over surviving • Shame over perceived failures • Hatred
RELATIONSHIPS	• Family conflicts • Crowds and rude people • Being separated from buddies and leaders
SPIRITUALITY	• Not understanding why sacrifices were made • Loss of trust in others • Mistrust in self

Combat Operational Stress Continuum for Spouses and Children

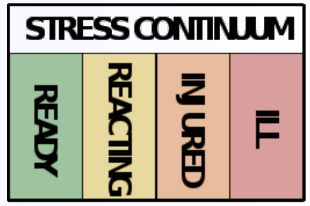


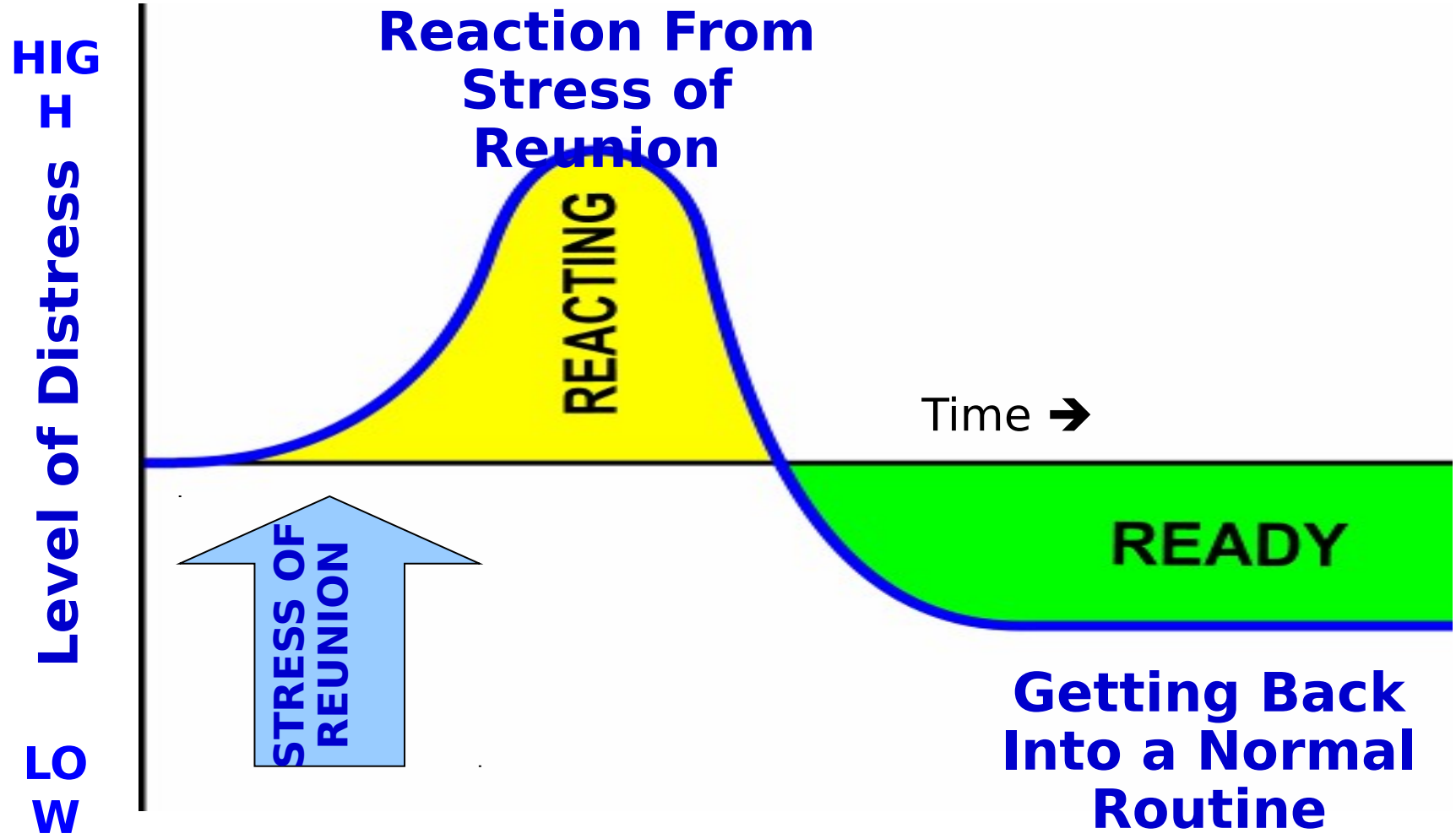
READY	REACTING	INJURED	ILL
• Good to go • Prepared for deployment • Functioning OK socially, emotionally, vocationally, academically	• Distress or impairment • Mild, transient • Anxious or irritable • Behavior change	• More severe or persistent distress or impairment • Leaves lasting evidence (personality change)	• Stress injuries that don't heal without intervention • Depression • Anxiety • Addictive Disorder

Needs Professional Help

Responds to Self Help

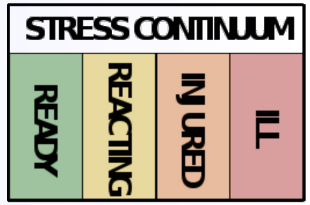
Time Course of Normal Transition





Recognizing Stress Problems:

Green (Ready) Yellow (Reacting)



READY	REACTING
• Calm and steady • Confident and competent • Getting the job done • In control • Sense of humor • Sleeping enough • Eating the right amount • Working out, staying fit • Playing well and often • Active socially, spiritually	• Feeling anxious, irritable • Worrying • Cutting corners on the job • Short tempered or mean • Irritable or grouchy • Trouble sleeping • Eating too much or too little • Apathy, loss of interest • Keeping to oneself • Negative, pessimistic

Stress Outcome Spectrum: Reactions Versus Injuries

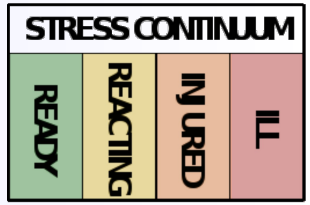
Stress Reactions

- Common
- Always temporary
- Mild distress or loss of function
- Self-correcting

Stress Injuries

- Less common
- May leave a scar
- More severe distress or loss of function
- May heal faster with help

What Are "Stress Injuries" and "Stress Illnesses"?



"STRESS INJURIES"

Wounds to the mind or brain caused by intense or prolonged stress

- Trauma
- Fatigue
- Grief
- Moral injury

"STRESS ILLNESSES"

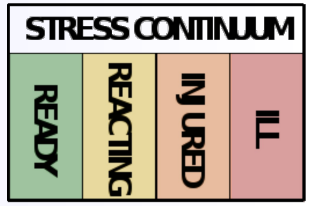
Disorders that may arise if stress injuries don't heal

- Posttraumatic stress disorder (PTSD)
- Depression
- Anxiety
- Substance abuse or dependence

Recognizing Stress Problems: Orange (Injured) & Red (Ill)

INJURED	ILL
• Loss of control of your body, emotions, or thinking • Can't fall or stay asleep • Recurrent vivid nightmares • Intense guilt or shame • Attacks of panic or rage • Inability to enjoy activities • Disruption of moral values • Serious suicidal or homicidal thoughts	• Stress injury symptoms that last for more than several weeks • Symptoms that get worse over time instead of better • Symptoms that get better for awhile but then come back worse

Four Sources of Stress Injury



Intense or Prolonged Combat or Operational Stress

IMPACT

- A trauma injury
- Due to events provoking terror, helplessness, horror, shock

WEAR AND TEAR

- A fatigue injury
- Due to the accumulation of stress over time

LOSS

- A grief injury
- Due to loss of people who are cared about

INNER CONFLICT

- A beliefs injury
- Due to conflict between moral/ethical beliefs and current experiences

Mechanisms of Stress
Injury

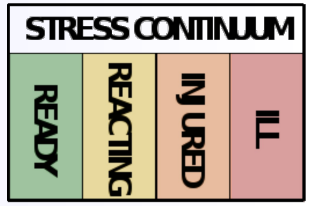
Biological
Memory problems: Damage to memory center (hippocampus)
Overreaction: Lowered threshold for fear response (amygdala)
Hypervigilance: Neurotransmitters on overdrive (norepinephrine)
Depression/anxiety: Neurotransmitters get used up (serotonin)
Personality change: Diminished control of emotion and impulses

Psychological
Trouble making sense of fragmented memories
Lost sense of safety in the world
Severe self-blame or guilt
Grief over lost friends and acquaintances
Feeling out of control

Social
No answers to the big questions anymore
- ✓ What is important anymore?
- ✓ How do I forgive myself and others?
- ✓ Who can I trust?

Loss of social support

Post-Reunion Self-Assessment



1. Relationships
2. Work function
3. Public behavior
4. Substance use and abuse
5. Money and finances
6. Physical and mental health
7. Life roles
8. Spirituality

READY TO FIGHT HEALTHY AT HOME
Combat Operational Stress Control

1. Relationships:

Spouse, significant other, family, friends

Okay	Needs Work	Needs Help

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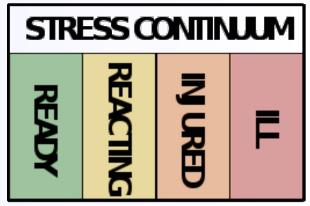
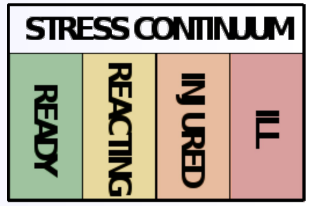
Spouse, significant other, family, friends



Okay	Needs Work	Needs Help
❑ Good communication ❑ Feeling close ❑ Looking forward to seeing ❑ Cooperating well ❑ Playing well ❑ Good sex ❑ Good conversation ❑ Affection ❑ Openness ❑ Responsiveness	❑ Trouble communicating ❑ Occasional fights and disagreements ❑ Uncomfortable being together ❑ Not having fun ❑ Staying apart ❑ Difficult or rare sex ❑ Complaints from partner ❑ Ambivalence ❑ Guardedness	❑ Poor communication ❑ Frequent fighting ❑ Dreading contact ❑ Emotional coldness ❑ No sex ❑ Irresolvable conflict ❑ Criticism ❑ Contempt ❑ Defensiveness ❑ Emotionally numb

READY TO FIGHT HEALTHY AT HOME
Combat Operational Stress Control

2. Work Function



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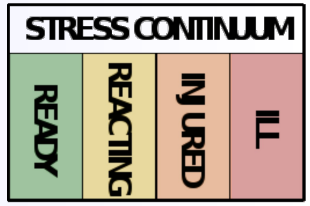
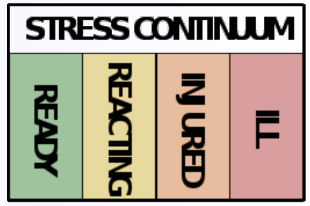


Okay	Needs Work	Needs Help
❑ Achieving ❑ Feeling like a team ❑ Mentoring subordinates ❑ Getting rewarded ❑ Career goals progressing ❑ Job satisfaction ❑ Enjoying going to work ❑ Respected by subordinates	❑ Cutting corners ❑ Needing a lot of supervision ❑ Animosity toward peers or leaders ❑ Being apathetic or unmotivated ❑ Unrewarding ❑ Stagnating ❑ Indifferent	❑ No respect for self or others ❑ Defying authority ❑ Being a tyrant to subordinates ❑ Hostile environment ❑ Disorganized/lack of leadership ❑ Held back ❑ Unsupported ❑ Abandoned ❑ Abused

3. Public Behavior:

Driving, waiting, dealing with public, patience



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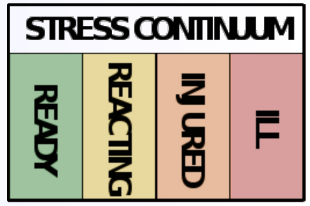
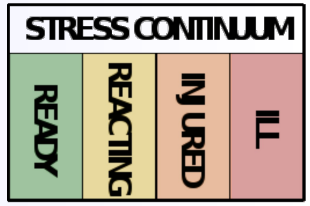


Okay	Needs Work	Needs Help
❑ Comfortable in public ❑ Appropriate in public ❑ Good and careful driver ❑ Patient in frustrating situations ❑ Calm, even with rude people ❑ Friendly ❑ No police involvement	❑ Avoiding going out in public ❑ Suspicious of strangers ❑ Absent minded ❑ Getting frustrated easily ❑ Impatient ❑ Occasionally angry or irritable ❑ Driving too fast ❑ Driving recklessly	❑ Paranoid in public ❑ Road rage ❑ Picking fights ❑ Rage outbursts in public ❑ Panic attacks in public ❑ Persistent hyperactive startle responses ❑ Arrests

4. Substance Use and Abuse:

Tobacco, alcohol, drugs, sugars, fats



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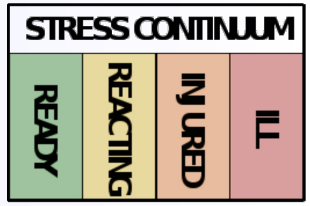
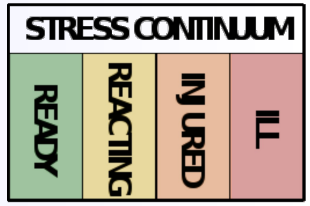


Okay	Needs Work	Needs Help
❑ Good control over intake of alcohol ❑ Not tempted to use drugs ❑ Not smoking ❑ Nobody who knows you thinks you are abusing	❑ Others express concern over drinking ❑ Got drunk when didn't intend to ❑ Use alcohol to get to sleep ❑ Drinking is getting in the way ❑ Smoking	❑ Anger when others complain about drinking ❑ Lying to keep drinking ❑ Hiding drinking ❑ Harm to life from alcohol ❑ Using illegal drugs ❑ Blackouts ❑ Frequent drinking to intoxication

READY TO FIGHT HEALTHY AT HOME
Combat Operational Stress Control

5. Money and Finances:

Budget, purchases, credit, bills, savings



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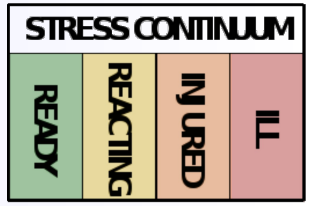
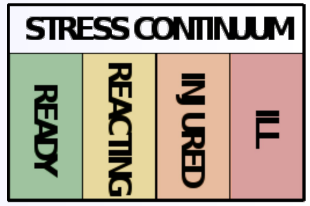


Okay	Needs Work	Needs Help
❑ Saving money ❑ Bills paid up to date ❑ Keeping to budget ❑ Debt under control ❑ Working a financial plan ❑ Spending in sync with spouse	❑ Minimal savings ❑ Bills past due ❑ Financial worries ❑ Uncomfortable debt ❑ Vague financial plan ❑ Conflict with spouse over spending	❑ No savings ❑ Collection notices ❑ Major financial stress ❑ Large debt load ❑ Creditors contacting command ❑ Total disagreement over spending ❑ Financial trouble

6. Physical and Mental Health:

Fitness, wellness, self-esteem, control



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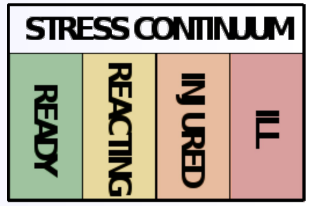
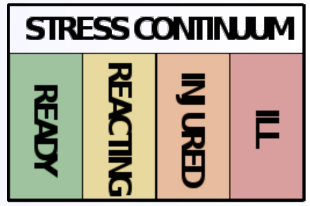


Okay	Needs Work	Needs Help
❑ Sleeping well ❑ No bad nightmares ❑ Working out regularly ❑ Good nutrition ❑ Good energy level ❑ Good emotional control ❑ Able to enjoy life ❑ Not troubled by memories ❑ Feeling good about self	❑ Trouble getting to sleep ❑ Keep waking up ❑ Out of shape ❑ Eating too much or too little ❑ Loss of interest in life ❑ Feeling anxious or worried ❑ Feeling irritable ❑ Painful memories ❑ Feeling guilty	❑ Can't sleep enough ❑ Repeated disturbing thoughts ❑ Trouble pushing memories out of mind ❑ Panic attacks (heart pounding, shaking) ❑ Rage outbursts ❑ Depressed mood ❑ Keep blaming self ❑ Thoughts of

READY TO FIGHT HEALTHY AT HOME
Combat Operational Stress Control

7. Roles in Life



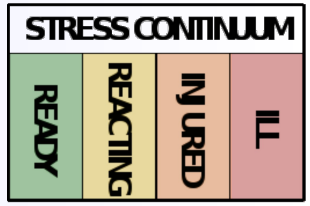
Okay	Needs Work	Needs Help

7. Roles in Life

Okay	Needs Work	Needs Help
❑ Comfortable in roles ❑ Meeting your own expectations in roles ❑ Able to balance competing demands ❑ Fulfilled ❑ Energized	❑ Some strain in roles ❑ Not meeting own expectations in roles ❑ Not able to fit the pieces together ❑ Out of balance ❑ Pressured ❑ Drained	❑ Pulled apart ❑ Too many demands ❑ Tension between roles ❑ Serious conflict with others over roles ❑ Exhausted

8. Spirituality:

Creativity, order, connection



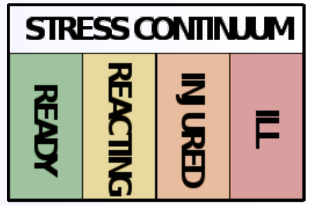
Okay	Needs Work	Needs Help

8. Spirituality

Creativity, order, connection

Okay	Needs Work	Needs Help
❑ Enjoy worship ❑ Happy with fellowship ❑ Happy with spiritual expression ❑ Able to give and receive love ❑ Appreciating beauty ❑ Creative ❑ Comfortable with your place in world ❑ Connected, peaceful	❑ Less tolerant of different beliefs ❑ Feeling distant from God; want to get closer ❑ Don't know how to love or feel loved ❑ Feeling distant from others ❑ Struggling to understand others ❑ Not sure where you fit in ❑ Something's missing	❑ No reverence for anything outside self ❑ Alone and wandering aimlessly ❑ Spiritually empty ❑ Don't care about others ❑ Nothing seems important ❑ Feel powerless to change life ❑ Out of touch ❑ Loss of purpose ❑ Lacking a "moral compass"

Self-Assessment Summary



	Okay	Needs Work	Needs Help
Relationships	Open Communication	Tension	Coldness or Fighting
Work function	Effective	Indifferent	Hostile environment
Public behavior	Patient, calm	Aggressive, irritable	Risky, hostile
Substance abuse	Not an issue	Could be an issue	Is an issue
Money and finances	Under control	Financial worries	Financial trouble
Physical and mental health	Healthy and fit	Indifferent	Disturbing thoughts, feelings
Roles in life	Balanced, comfortable	Out of balance	Pulled apart
Spirituality	Connected, peaceful	Something's missing	Empty, lack of "moral compass"

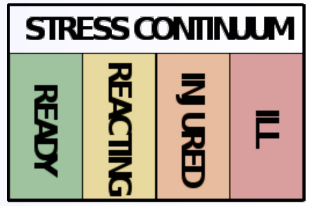
Relationships:
Resources and Tools

- Marriage Enrichment Retreats
  - CREDO
  - Marriage Encounter
- Personal Growth Retreats – CREDO
- Relationship Seminars
- Time Away Together
- Date Nights
- Family Trips
- Marriage and Family Therapist for Marital “checkup”, or Family “checkup”

Work Function:
Resources and Tools

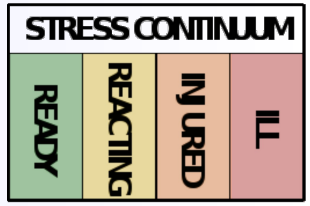
- Talk to your supervisor
- Career counselor
- Leadership training
- Seek training or self-improvement courses
- Stress management seminar
- Anger management seminar

Public Behavior:
Resources and Tools



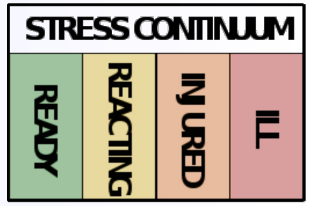
- Anger Management
- Driver improvement course
- Get involved in sports or clubs or hobbies
- Volunteer your time – get involved

Substance Use and Abuse:
Resources and Tools



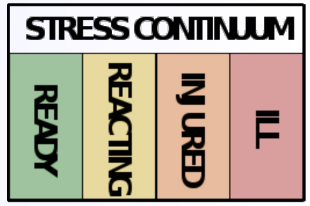
- Get honest with yourself
  - Ask others how they perceive your drinking
  - Trial of sobriety
- AA
- Al Anon
- Stop taking substances that may harm you

Money and Finances:
Resources and Tools



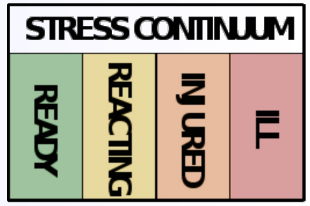
- NMCRS budget counseling (also Credit Unions)
- Financial Management seminar
- Begin disciplined savings – even small
  - First for emergency fund, then savings
- Couples Communication seminar
- Career and financial planning for future goals

Physical and Mental Health:
Resources and Tools



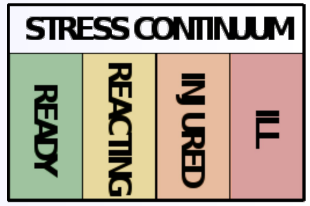
- Personal Growth Retreat – CREDO
- Get a physical check-up
- Begin exercise program
  - Get a personal trainer, or join a class or group
- Improve sleep schedule
- Eat healthier
- Keep a journal
- Talk to a friend

Roles in Life:
Resources and Tools



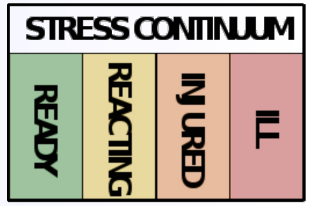
- Re-evaluate your priorities for optional roles
- Go with your strengths, or growing edges
- Take a break from one role
- Do what you enjoy
- Take a parenting course or seminar
- Military OneSource: www.militaryonesource.com
- Visit a Marine and Family Services counselor

Spirituality:
Resources and Tools



- Look for a church or fellowship that fits you
- Read your sacred texts
- Pray, meditate
- Get involved in caring for others
- Find a spiritual director, talk to a chaplain
- Go on a spiritual retreat
- Get involved in music, arts
- Go camping

Where To Get Help



- **Chaplains**
- **Primary Care Providers**
- **Hospital or clinic mental health department**
- **Marine and Family Services** or **Marine Corps Community Services (MCCS)** counselors
- **Military OneSource** (www.militaryonesource.com)
- **Vet Centers** (www.va.gov/rcs)
- **Civilian pastors**

Questions?

www.manpower.usmc.mil/cosc